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TANGO LEADER

"Taking the Lead"

CO – CDR Mark Schwartzel

XO – CDR Bruce Wyer

**CMDCM –
CMDCM (SW)
Ollan Burruss**

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Mission Statement: Provide safe, effective, efficient, and courteous customs inspection services of all DOD personnel, cargo, aircraft, vehicles and equipment to eliminate the flow of restricted or prohibited articles into the U.S. through DOD channels in support of Operations Iraqi and Enduring Freedom.

Commanding Officer's Expectations

Welcome Aboard!

Congratulations on your selection to Navy Customs Battalion TANGO Tiger Sharks. This initial issue of the "TANGO LEADER" has been designed to welcome you and keep you informed as we start the mobilization process. You are being assigned to an outstanding Navy organization with a long tradition of operational excellence and an incredible history of customer service. I am sure you will find that Customs TANGO is blessed with a superb crew who is always "taking the lead" in many areas to carry out her operational missions with great pride and enthusiasm.

Early in the mobilization process, you will be presented with my TANGO Command Expectations, which outlines the basic principles on how the battalion leadership and the crew will perform. I look forward to your support and your

cooperation.

Again, I am glad you have become part of the "TANGO Tiger Sharks." As a part of this battalion, each and every crewmember plays a vitally important role. Our Battalion Motto is: "Taking the Lead" and I expect great things from our team of professionals. We will provide exceptional customs inspection services for returning service members and cargo. We will exemplify Navy Core Values, and build a team that works together to enable individuals to become better "Citizen-Sailors." Let's set the standard high for future battalions. Get prepared to "accelerate your life" in both personal and professional development. Physical fitness will be a big part of our "battle rhythm" as we get ready for duty overseas. If you have any questions or concerns, please do not hesitate to contact the Command Duty Officer at (757) 813-8861.

I look forward to mobilizing with you as you become a part of the most prestigious and noble calling within the Navy, that of being men and women and going into the fight supporting the Global War on Terror. I'm looking forward to meeting each of you. Travel safe!



Welcome Aboard from CMDCM (SW) Ollan Burruss

First, let me welcome all of you to Navy Customs Battalion TANGO. Our Navy and our nation have asked us to leave our families, friends, and civilian occupations to spend better part of the next year fighting the Global War on Terr. We will be supporting the men and women struggling to give the new Iraqi Democratic government a chance to succeed. Our mission will not be easy - time away from our loved ones; long working hours and living in desert conditions will test our abilities and give each of us the opportunity to grow as Leaders, Sailors and individuals. I am proud to be your Command Master Chief

and look forward working with all of you. Please take a moment to read our mission statement and CO's vision above. This will be our guideline for everything we do during our mobilization. The CO, XO, the entire leadership team and I expect everyone to live up to the Navy Core Values of Honor, Courage, and Commitment. Daily we will conduct ourselves in the highest ethical manner, not only with each other but also with those outside the Navy. We will have the courage to meet the demands of the mission and have respect for each other up and down the chain of command. Our duty will be to work together as a

team to improve our quality of work, our people, and ourselves. I am confident that all of you will set the standard of excellence that others will follow. Thank you for the dedicated service you give daily in our Great Navy and our Great Nation. Life IS Good.





NECC One-Year Anniversary

This article is a piece of a larger news article from The Navy Reservist April 2007 Issue, article written by MC3 Hendrix. NECC is the parent command for NAVELSG.

January 13 marks the one year anniversary since the Navy Expeditionary Combat Command (NECC) at Naval Amphibious Base Little Creek, Va., began its mission to organize, train and equip our forces to

meet the maritime security operations and joint contingency operations requirements.

NECC served to integrate expeditionary efforts under one command, effectively increasing maritime security and improving war fighting effectiveness.

This transformation allows for standardized training,

manning, and equipping of Sailors who will participate in the maritime security operations and the GWOT as part of the joint force.

- *Complete all NKO courses and have at least two copies of all course completion certificates with you when you mobilize.*
- *Ensure that you have a final Secret clearance (Mandatory for E-7 and above, desired for E-6 and below). Check with your NOSC. If not, ensure that you complete the SF1186 Form immediately and return to your NOSC Security PO.*

Pre-Deployment NKO Courses

All Battalion sailors should complete all required pre-deployment courses prior to their mobilization date. Check with NKO IA section for a complete listing of required courses. Do not wait until the last minute to start the coursework. Bring with you a copy of your electronic transcript available on NKO indicating all course work is completed. Please note that some of these courses provide Army specific information.

Mobilization Checklist and Security Clearance

Please check the NKO website under Individual Augmentees for further mobilization information. You will need to complete the Pre-Deployment Health Assessment (SS Form 2795), Report of Medical History (DD Form 2807-1), Readiness and Deployment Checklist (DA Form 7425), and OPNAVINST 3060.7A Appendix I. Completing these at your NOSC will expedite the NMPS processing. Also have an updated Page 2 and SGLI

Certificate available for review.

Ensure that you have a final Secret clearance (Mandatory for E-7 and above, desired for E-6 and below). Check with our NOSC. If not, ensure that you complete the SF1186 Form immediately and return to your NOSC Security PO.

A great resource for other general information and what to expect is located in the IA Sailor Handbook, located on the CNRF

website homepage (<http://navyreserve.navy.mil/Public/Staff/WelcomeAboard/default.htm>). Also included is an IA Family Handbook. Good reading!



It is important that you are at an above-average fitness level prior to arrival. 20-30 min of cardio (jogging, cycling, elliptical, swimming, etc.) three times a week is a great start for beginners.

Coming soon...Next month's issue will discuss symptoms and prevention of dehydration and heat stroke.

HMC Jessica Hauptmann, Command Fitness Leader, Navy Customs Battalion TANGO



Notes from the Command Fitness Leader

The Fall PRT is coming up towards the end of September, making it the perfect time to start a cardiovascular program as we will be experiencing severe climate changes in the next few months. With areas at or below sea level in-country, the altitude is not the issue. The arid desert temperatures during the summer can easily exceed 125 F, and yes, that includes shade temperatures! A body that is not cardiovascular up to par will find it very difficult

to become acclimated. The heat alone will cause the heart muscle to work harder causing dehydration and exhaustion. It is important that you are at an above-average fitness level prior to arrival. 20-30 min of cardio (jogging, cycling, elliptical, swimming, etc.) three times a week is a great start for beginners. For those advanced fitness gurus, 45-60min at least three times a week is more

than plenty. If drinking water is not your thing, I suggest you start. Hot or cold, you are still expected to maintain physical readiness standards. Group PT will be a must. TANGO PT is not just traditional Navy PT. It is an energetic mixture of core strength and cardio exercises. So get disciplined, exercise, hydrate, and make it a lifestyle. Get ready to TANGO!!

Mission Nutrition Determines Body Fat



HM3 Cantarella, Assistant Command Fitness Leader, Navy Customs Battalion Tango

Health and Fitness starts and ends with a good nutrition program. Here are some Tango basics: You will be eating in restaurants and in the galley. This means you have the opportunity to eat as healthy or non-healthy as you have the will power for. TANGO's primary fitness goal is to be within Navy Standards. All members will be measured

for body fat and are expected to be 22% or under for males and a maximum 33% for females, according to age. Your TANGO CFL and ACFLs are standing by to record your baseline assessments and assist you in accomplishing your goal of being within standards. The Skipper holds health and fitness

high on the Mission Critical Importance List and has placed a battalion goal of 30% fat loss. Main Body, your time to start a fitness program with proper nutrition needs to start prior to arrival.

IMPORTANT TANGO DATES

30 Apr 2007 Volunteer List Finalized.

20 May 2007 Advanced Party Orders in hand.

30 Jun 2007 Main Body orders in hand.

06 Jul 2007 Advanced Party reports to NOSCs.

03 Aug 2007 Main Body reports to NOSCs.

Late SEPT 2007 Battalion Deploys.

Mid APR 08 Battalion returns.

Medical Spotlight – Contact Lenses and Eye Care

Contact lenses are NOT allowed in theater. As the weather changes and the wind picks up, it's imperative that sailors NOT rub their eyes. If sand gets in your eyes, you should flush each eye with water instead of rubbing them. A service member recently underwent corneal

surgery due to constant rubbing of his eyes which in turn damaged his corneas. Also, the eye may become infected which could very possibly result in "Inflammation of the Conjunctiva" (Pink-Eye). That's a contagious problem nobody wants to deal with.

Battalion Tasker – All Hands – Domestic Violence Form

Please complete a DD 2760 Form and fax to XO at (866) 416-8153. Guidance- Read Section I carefully and complete Section II. Block 1. You need to initial and date. Do **NOT** place an 'X' in the box. Block 3d is NAVY CUSTOMS BATTALION TANGO. The Battalion

FAX number is a secure fax that automatically converts to PDF and sends an email to XO. Please call XO (858) 651-3857) if you have any questions or concerns with DD 2760 or if you're under a physicians care for depression and taking anti-depressant

medication. The form can be found by following the link <http://west.dtic.mil/whs/directives/infomgt/forms/eforms/dd2760.pdf>

OPS Corner

This is LCDR Michael Monaghan, but you can call me OPS. I am very excited to be working with all of you for the next six to nine months. We come from all corners of our fine country and are all exceedingly qualified to

execute the CO's vision and our mission. I plan on leveraging all of our skill sets to maximize our support to our customer, the U.S. military services transiting to and from home to support the GWOT. Should you have

any questions, feel free to reach out to me at michael.monaghan@co.suffolk.ny.us or call at 516-458-5925. I am here to support you.

USPS MILITARY PACK

The USPS has a program for military family members and friends to supply them with packaging materials to send packages to troops overseas, sailors on ships, etc. If you call 800-610-8734 and select option #1,

then #1 again, ask them for the "Military Pack". They will send you 8 boxes, tape, packaging materials and labels. They will also give you an I.D. numbers so if your supply runs low, you just call again and they'll send

you more supplies. The materials take about four to ten days to receive.

We're on the Web!

at:

www.navyreserve.navy.mil

LESSONS LEARNED FROM NMPS

- If possible have the hearing test done prior to arrival at NMPS
- If possible obtain all immunizations including smallpox and begin Anthrax Series prior to arrival at NMPS
- Females must have OBGYN exam and Pap smear results, less than 1 year old, in their possession
- Dental Panorex must be within 5 years and Bite wings must be within 2 years
- Eyeglass prescription must be no more than two years old
- Obtain and/or activate Government Travel Card
- Have approximately \$50 in cash for transportation from the Airport to Wall Manor and to hotel if berthing is not available.
- PDAs work in Virginia but not in Kuwait. Do not bring your PDA to Kuwait
- For those with hairy upper left arms, shave if you will be receiving smallpox vaccine
- Bring your last two Evals/FITREPS with you to NMPS



Left to Right: HM2 Coates,
HM1 Frendt, HMC Hauptmann

ABOVE AND BEYOND THE CALL OF DUTY

Bravo Zulu to HM2 Coates, HM1 Frendt and HMC Hauptmann who came to the aid of a distressed pregnant Sailor in the base gym. While waiting for the paramedics, the Tango Corpsmen stabilized the young shipmate who complained of contractions by talking to her and keeping her comfortable. Great job taking the lead, TANGO!

Recommended Books for Families of Those Deployed

List complements of Mrs. OPS

Children's Books

1. I Miss You: A Military Kids Book About Deployment by Beth Andrews
2. A Year Without Dad by Jodi Brunson (ages 6 & up)
3. Desert Angel by Dorothy Aileen Dalton picture book
4. Daddy You're My Hero by Michelle Ferguson-Cohen picture book
5. U.S. Navy Alphabet Book by Sammie Garnett picture book ages 3 - 6
6. Goodnight my Angel: A lullabye by Billy Joel picture book ages 1 - 6
7. Ned and the General: A Lesson About Deployment by A. Marks
8. I Pledge Allegiance by Bill Martin Jr. and Michael Sampson
9. Daddy Will You Miss Me? by Wendy McCormick picture book

Books for Adults

1. Chicken Soup for the Military Wife's Soul by Jack Canfield et al
2. I'm Already Home: Keeping Your Family Close When You're on TDY by Elaine Gray Dumler
3. Homefront Club: The Hardheaded Women's Guide to Raising a Military Family by Jacey Eckhart
4. While They're At War: The True Story of American Families on the Homefront by Kristin Henderson
5. E-mail to the Front: One Wife's Correspondence With Her Husband Overseas by Alesia Holliday
6. Home Fires Burning: Married to the Military -- for Better or Worse by Karen Houppert
7. Heroes at Home: Married to the Military Families by Ellie Kay
8. Married to the Military: A survival Guide for Military Wives, Girlfriends, and Women in Uniform by Meredith Leyva
9. Medals Above My Heart: The Rewards of Being a Military Wife by Brenda Pace
10. Surviving Deployment: A Guide for Military Families by Karen M. Pavlician

DVD

Talk, Listen, Connect (Helping Families During Military Deployment) - This DVD features Elmo and the characters from Sesame Street and is available free at www.sesameworkshop.org/tlc